

Welcome to Best Doctors first monthly Case Study. Each month we will provide you with an analysis of actual situations in which Best Doctors medical analytical process and database of world-class physicians were utilized. Also to come are Best Doctors Webinars hosted by leading experts in medicine. These educational forums are offered to inform you of resources and strategies for managing your high risk/large loss claims.

Best Doctors Case Study, April 2008

## As Symptoms Snowball, Appropriate Course of Action Sought

Containing Multiple Complications with Strategic Treatment and Care

### Injured Worker Background

When a tire rim blew off, a golf course maintenance worker sustained a blunt head injury and multiple facial fractures. A craniotomy was performed to remove damaged cells in the frontal lobe and repair a brain laceration. In addition, he had surgery to stabilize his facial fractures. Complications began shortly after as the injured worker was plagued by headaches, seizures and a continuously runny nose.

The day after the injury, the client enlisted the help of the Best Doctors CatCare program to provide expert medical review and to ensure comprehensive catastrophic medical care was provided by the treating team.

### Best Doctors Investigation and Findings

Due to the complexity of the injuries multiple Best Doctors Experts reviewed the case. One Expert, a cerebrovascular surgeon, found that the constant runny nose was actually due to a cerebrospinal fluid leak. He suggested surgery be done to stop the leak and avoid the possibility of the injured worker contracting meningitis or forming a brain abscess, both high-risk possibilities. He then worked with the treating neurosurgeon to pinpoint the location of the breach in the protective membrane surrounding the brain.

Following a lengthy period of hospitalization and acute rehabilitation, the injured worker was enrolled in a comprehensive outpatient brain injury program. His progress was good in this program, and he has been seizure-free for three months. Now living at home, he is enjoying activities with his wife and family again.

### Impact

Best Doctors provided a comprehensive understanding of the injured worker's condition, his post-surgery complications, ways to treat existing complications and opportunities to avoid future complications.



#### To discuss or refer a case to Best Doctors.

Phone: 1.866.237.3286  
 Email: [workerscomp@bestdoctors.com](mailto:workerscomp@bestdoctors.com)  
 Website: [www.bestdoctors.com](http://www.bestdoctors.com)

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#### CLINICAL IMPACT

- The cerebrospinal fluid leak was addressed in order to avoid the potential onset of meningitis and the formation of a brain abscess.
- Appropriate timing for testing was suggested to assess residual cognitive difficulties.
- A change in pain medication was recommended to prevent further emergency care due to subsequent seizures.
- Discharge to a post-acute rehabilitation facility rather than to the injured worker's home was recommended to avoid repeat hospitalization.

#### FINANCIAL IMPACT

- Avoidance of further brain injury caused by meningitis or the formation of a brain abscess.
- Prevention of premature rehabilitation testing.
- Averted emergency care resulting from a seizure due to pain medication with an increased risk of seizure.
- **Total anticipated savings = \$725,300.**

**The impact of our program can be life changing. We find that with the patients we help the diagnosis is changed 20% and the treatment is changed over 60% of the time.**